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WEEK 43
2016

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WINEBOX

Cabriz branco
Portugal they prefer to drink a local white wine. This is why we have chosen this aromatic, slightly spiced Portuguese wine!



Sea bass fillet fried on the skin with pearl barley

A delicious combination of tomato and eggplant

A delicious spicy dish with crispy soft pearl barley and roasted vegetables. The dish is flavored with harissa, a North African sauce made from red chilli, garlic, coriander and cumin. Be careful, the sauce is very spicy!

store in refrigerator



30-35 min



easy



eat at the beginning



spicy



lactose free



Harissa



Fresh coriander



Sea bass fillet



Pearl barley



Cumin powder



Garlic clove



Eggplant



Tomato

Ingredients

	1P	2P	3P	4P	5P	6P
Pearl barley (g) 1) 25)	85	170	250	335	420	500
Harissa (tsp.)	½	1	1½	2	2½	3
Cumin powder (tsp.)	½	1	1½	2	2½	3
Garlic clove	1	2	3	4	5	6
Egg plant	½	1	1½	2	2½	3
Tomato	1	2	3	4	5	6
Fresh coriander (stems) 3)	4	8	12	16	20	24
Sea bass fillet 4)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	2	3	4	5	6
Real butter (tbsp.)*	½	½	1	1	1	1
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **3)** Eggs **4)** Fish
May contain traces of
25) sesame.

Utensils

Stir-fry or sauté pan,
baking tray with baking
paper, frying pan

Nutrition Facts 582 kcal | 36 g protein | 74 g carbs | 17 g fat, of which 4 g saturated | 18 g fibres



1 Boil 225 ml of water per person in a pot with a lid for the pearl barley and preheat the oven to 200 degrees.

2 Heat a stir-fry or sauté pan without oil on low heat. Add the pearl barley, harissa (note, this is spicy) and cumin and stir-fry for 1 minute on low heat. Add the boiling water and stir well. Cook the pearl barley, covered, until dry for 25 minutes. Stir the bottom of the pot well and add extra water if needed to prevent burning.



3 Meanwhile cut or press the garlic. Cut the eggplant into slices of maximum ½ cm thick. Cut the tomatoes into quarters.

4 Heat half the olive oil in a frying pan and fry the eggplant slices 1 - 2 minutes on high heat on each side. Then remove from the pan and divide the eggplant slices on a baking sheet with baking paper. Add the tomatoes and garlic, drizzle with the remaining olive oil and season with salt and pepper. Bake the vegetables 10 - 15 minutes in the oven.



5 Chop the fresh coriander. Heat the butter in the same frying pan and cook the sea bass fillet 3 minutes on the side of the skin. Turn and cook for 1 minute and season with salt and pepper.

6 Add the vegetables from the oven and the half of the coriander to the pearl barley and flavor to taste with salt and pepper.

7 Divide the dish on the plates and garnish with the remaining coriander. Serve with sea bass fillet.



Tip! Do you have little time? Cut the eggplant into cubes and fry with the garlic for 15 minutes in a stir-fry or sauté pan over medium heat. In the last 3 minutes add the tomatoes and mix the vegetables with the pearl barley. You do not need to preheat the oven.



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WINEBOX

Ramón Roqueta tinto

Both white and red taste great with fried chicken. The cheese sauce is decisive in this meal so we serve it with this soft tempranillo from Spain.



Chicken breast with colorful salad and grana padano dressing

For when you have little time on your hands

The crunchy salad of little gem, roseval potatoes, red onion and yellow bell peppers is a delicious combination with tender chicken breast tenderloins. To make the salad extra tasty you add a dressing of mustard and grana padano.

store in refrigerator



25-30 min



easy



eat at the beginning



kid friendly



gluten free



Grana padano



Little gem



Chicken breast tenderloins



Roseval potatoes



Red onion



Gele paprika



Oregano

Ingredients

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	250	500	750	1000	1250	1500
Grana padano (g) 3) 7)	25	50	75	100	125	150
Little gem	1	2	3	4	5	6
Red onion	½	1	1½	2	2½	3
Yellow bell pepper	½	1	1½	2	2½	3
Oregano (tsp.)	½	1	1½	2	2½	3
Chicken breast tenderloins (g)	100	200	300	400	500	600
Extra virgin olive oil (tbsp.)*	2	4	6	8	10	12
White balsamic vinegar (tsp.)*	1	2	3	4	5	6
Mustard (tsp.)*	1	2	3	4	5	6
Olive oil (tbsp.)*	½	1	1	1	1½	1½
Pepper and salt*	To Taste					

* Add yourself

Allergens

3) Eggs **7)** Milk/lactose

Utensils

Pot with lid, salad bowl, frying pan

Nutrition Facts 711 kcal | 36 g protein | 56 g carbs | 36 g fat, of which 13 g saturated | 9 g fibres



1 Wash the potatoes (roseval) thoroughly and cut into wedges. Make sure the potatoes are just under water in a pot with lid, bring the boil, covered, and allow 12 - 15 minutes to cook. Then drain and leave without al id to steam.

2 Meanwhile, in a salad bowl, mix the grana padano with the extra virgin olive oil, white balsamic vinegar, mustard, 2 tbsp. of water per person, salt and pepper to make the dressing.

3 Cut the little gem small and the red onion into thin half-rings. Dice the bell pepper. Add the little gem and half of the red onion to the salad bowl.

4 Heat half of the olive oil in a frying pan and fry the peppers, oregano and remaining red onion for 3 minutes on high heat. Remove from the pan and add to the salad bowl.

5 Cut the chicken tenderloins if necessary. Heat the remaining olive oil in the same frying pan and fry the chicken breast tenderloins 8 - 10 minutes around.

6 Add the potatoes to the salad bowl, toss well and season to taste with salt and pepper.

7 Divide the salad on plates and top with the chicken breast tenderloins.

Tip! Feel more like eating a winter dish? Then boil the potatoes as described above. But mash with a potato masher and spoon the cooked vegetables through it.





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WINEBOX

La Vieille Ferme rouge

When eating cauliflower and a creamy sauce a white wine usually comes to mind, but why not try a slightly chilled and smooth Rhône wine?



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Casarecce with cauliflower cream sauce and mushrooms

The roasted hazelnuts add an extra bite

This pasta dish has a special sauce. The cream sauce is not made of cream, but rather of cauliflower, refreshed with a spoonful of sour cream. The combination of the soft casarecce and mushroom with a creamy sauce makes for a delicious flavor.

store in refrigerator



30-35 min



easy



eat at the beginning



vegetarian



kid friendly



Mushrooms



Broccoli cress



Old cheese



Sour cream



Cauliflower



Casarecce integrale



Onion



Garlic clove



Hazelnuts



Thyme

Ingredients

	1P	2P	3P	4P	5P	6P
Cauliflower	¼	½	¾	1	1¼	1½
Caserecce integrale (g) 1)	90	180	270	360	450	540
Onion	½	1	1½	2	2½	3
Garlic clove	1	2	2	3	3	4
Mushrooms (g)	125	250	375	500	625	750
Brocco cress (tbsp.)	1	2	3	4	5	6
Hazelnuts (g) 8) 19) 22)	10	20	30	40	50	60
Old cheese (g) 7)	15	25	35	50	60	75
Sour cream (tbsp.) 7) 15) 20)	3	6	9	12	15	18
Thyme (tsp.)	1	2	3	4	5	6
Vegetable bouillon cube*	⅓	⅔	⅓	⅔	1	1½
Real butter (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
8) Nuts
May contain traces of
15) gluten, **19)** peanuts,
20) soy and **22)** nuts.

Utensils

Pot with lid, stir-fry or
sauté pan, blender or
deep bowl with stick
blender

Nutrition Facts 690 kcal | 23 g protein | 73 g carbs | 31 g fat, of which 14 g saturated | 14 g fibres



1 Boil 500 ml of water per person with a pinch of salt in a pot with a lid for the cauliflower and caserecce. Cut the cauliflower into florets and stalk small. Boil the cauliflower, covered, for 10 minutes. Then remove with a slotted spoon and set aside in a blender or deep bowl. Add the caserecce to the pot with a lid and cook the caserecce, covered, for 10 - 12 minutes. Then drain.

2 Meanwhile, finely chop the onion and cut or press the garlic. Cut the mushrooms into slices. Cut the Brocco cress. Chop the hazelnuts coarsely.

3 Heat 2 tbsp. of water per person in a stir-fry or sauté pan. Crumble the bouillon cube over the pan and let dissolve. Add the bouillon, half of the cheese and the sour cream to the cauliflower. Set aside.

4 Verhit dezelfde wok of hapjespan, zonder olie, op hoog vuur en rooster de hazelnoten. Haal uit de pan en bewaar apart.

5 Heat the butter in the same stir-fry or sauté pan and fry the onion and garlic for 2 minutes on low heat. Add the mushrooms and thyme, season with salt and pepper and cook for 5 minutes over high heat.

6 Meanwhile, puree the cauliflower until smooth and season to taste with salt and pepper. Add the sauce and casarecce to the stir-fry or sauté pan and heat for 1 - 2 minutes.

7 Divide the dish on the plates and garnish with the brocco cress, remaining cheese and hazelnuts.

Tip! Do you have little time? Then don't puree the cauliflower but add it directly into the pasta with the cheese and sour cream.





WIJNBOX

Masan rosé

This fresh fish dish has an Asian twist to it. Particularly the soy sauce calls for a more powerful wine. That is why this rosé is perfect.



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Haddock with noodles and cut beans

This Asian dish is quickly served

We have already cut the beans for you which makes this dish perfect for a busy day. The haddock is the bigger brother of the whiting. The flesh is soft in texture and is delightful when combined with Asian noodles.

store in refrigerator



25-30 min



easy



eat at the beginning



kid friendly



lactose free



String beans



Haddock



Red onion



Garlic clove



Fresh ginger



Red bell pepper



Sesame



Soy sauce



Noodles

Ingredients

	1P	2P	3P	4P	5P	6P
Red onion	½	1	1	1½	2	2
Garlic clove	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Red bell pepper	½	1	1½	2	2½	3
Sesame (g) 11) 19) 22)	5	10	15	20	25	30
String beans (g) 23)	100	200	300	400	500	600
Soy sauce (ml) 1) 6) 19)	15	30	40	60	70	80
Haddock 4)	1	2	3	4	5	6
Noodles (g) 1)	75	150	225	300	375	450
Sunflower oil (tbsp.)*	1	2	2	2	3	3
Brown sugar (tsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1)Gluten **4)** Fish **6)** Soy
11) Sesame
May contain traces of
19) peanuts, **22)** nuts
and **23)** celery.

Utensils

Pot with lid, stir-fry or
sauté pan with lid, frying
pan

Nutrition Facts 546 kcal | 33 g protein | 70 g carbs | 12 g fat, of which 2 g saturated | 7 g fibres



1 Chop the red onion and cut or press the garlic. Peel the ginger and chop finely. Cut the peppers into strips and then in half.

2 Boil 500 ml of water per person in a pot with a lid for the noodles. Heat a stir-fry or sauté pan with lid over high heat and fry the sesame seeds without oil, until golden brown. Remove from the pan and set aside.

3 Heat half the sunflower oil in a stir-fry or sauté pan with a lid and fry the red onion, garlic and ginger for 2 minutes on low heat. Add the beans, pepper and 2 tbsp. of water per person. Cover the pan and cook for 8 minutes on medium heat. Half way through add the brown sugar and 2/3 of the soy sauce.

4 Heat the remaining sunflower oil in a frying pan and fry the haddock 2 - 3 minutes per side over medium heat. Sprinkle with the remaining soy sauce while cooking.

5 Meanwhile, cook the noodles, covered, for 3 - 4 minutes. Then drain and add to the stir-fry or sauté pan with beans. Also add half the sesame seeds and stir-fry for 1 minute on high heat. Season with salt and pepper.

6 Divide the dish on plates, garnish with the remaining sesame seeds and serve with the haddock.

Tip! Would you rather not use brown sugar? Then add some honey or ketjap manis. Taste to see if it has the desired flavor.

Fact! Haddock belongs to the cod family. The haddock is typically recognized by the black stripe along its side and the black spot behind the gills, the so-called 'Peter thumb'.





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WINEBOX

Esiga tinto

With this pie we of course drink a full, but smooth, red wine. With a bit of spice due to the aging in oak barrels.



Pie stuffed with minced with a potato and broccoli puree

With mashed potatoes, broccoli and kohlrabi

This is a lovely warm pie with minced beef, delicious for a cold day. You serve the pie with a puree made from potatoes, broccoli and kohlrabi. Do you enjoy a bit of bite in the mash, then add the kohlrabi a little later.



35-40 min



easy



eat within
3 days



kid
friendly

store in refrigerator



Broccoli



Kohlrabi



Pie filled with
minced meat



Irene potatoes

Ingredients

	1P	2P	3P	4P	5P	6P
Irene potatoes (g)	200	400	600	800	1000	1200
Broccoli (g)	100	200	300	400	500	600
Koolrabi	½	1	1½	2	2½	3
Pie filled with minced meat 1) 3) 4) 7) 9) 10) 13) 19) 22) 25)	1	2	3	4	5	6
Real butter (tbsp.)*	½	1	1½	2	2½	3
Milk*			Dash			
Mustard (tsp.)*	1	2	3	4	5	6
Pepper and salt*			To Taste			

* Add yourself

Allergens

1) Gluten **3)** Eggs **4)** Fish
7) Milk/lactose **9)** Celery
10) Mustard **13)** Lupine
 May contain traces of
19) peanuts, **22)** nuts and
25) sesame.

Utensils

Pot with lid, baking sheet
 with baking paper, potato
 masher

Nutrition Facts 615 kcal | 17 g protein | 73 g carbs | 24 g fat, of which 15 g saturated | 12 g fibres



1 Preheat the oven to 180 degrees.

2 Peel and wash the potatoes (Irene) thoroughly and cut into wedges. Cut the broccoli into florets and the stalk into cubes. Peel the kohlrabi and cut into pieces of 1 - 2 cm. Make sure the potatoes, broccoli and kohlrabi are just under water with a pinch of salt, in a pot with a lid. Bring them, covered, to the boil and simmer 12 - 15 minutes. Then drain, reserving a little cooking water, cover and keep warm.



3 Remove the pie from the silver dish and bake 18 minutes in the oven on a baking sheet with baking paper.

4 Meanwhile mash the potatoes, broccoli and kohlrabi to a coarse puree using a potato masher. Add the butter, a dash of milk and maybe some cooking water to make smooth puree. Add the mustard and season to taste with salt and pepper.



5 Divide the potato-broccoli-kohlrabi puree on the plates. Serve with the pie on the side.



Tip! Would you rather eat the pie on another day? They can be frozen and heated up at a later stage.



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WIJNBOX

Synera blanco

The fresh notes of this wine combine perfectly with yellow bell pepper. The creaminess goes well with the feta and the creamy structure of the soup.



Yellow bell pepper-corn soup with feta and naan bread

Cumin and ground coriander give this dish an extra kick

A lovely soft sweet corn soup with Greek feta. You give the soup an extra kick by adding cumin and ground coriander. This fits perfectly with the naan. Today you fill the naan with some of the feta.



25-30 min



super easy



eat within
5 days



vegetarian



kid
friendly

store in refrigerator



Chives



Feta



Garlic clove



Yellow bell pepper



Corn



Pumpkin seeds



Cumin



Ground coriander



Naan bread

Ingredients

	1P	2P	3P	4P	5P	6P
Garlic clove	1	1	2	2	3	3
Yellow bell pepper	1	2	3	4	5	6
Corn (pot)	½	1	1½	2	2½	3
Pumpkin seeds (g) 19) 22)	10	20	30	40	50	60
Cumin (tsp.)	½	1	1½	2	2½	3
Ground coriander (tsp.)	½	1	1½	2	2½	3
Chives (sprigs) 23)	5	10	15	20	25	30
Feta (g) 7)	40	75	100	125	150	175
Naan bread 1) 6) 7) 25)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	1	2	2	3	3
Vegetable bouillon cube*	½	1	1½	2	2½	3
Extra virgin olive oil*			To Taste			
Pepper and salt*			To Taste			

* Add yourself

Allergens

1) Gluten **6)** Soy
7) Milk/lactose
 May contain traces of
19) peanuts, **22)** nuts,
23) celery and **25)**
 sesame.

Utensils

Soup pot with lid, grill
 pan or toaster, stick
 blender

Nutrition Facts 622 kcal | 23 g protein | 77 g carbs | 22 g fat, of which 2 g saturated | 11 g fibres



1 Bring 300 ml of water per person to the boil. Cut or press the garlic. Cut the yellow pepper small and drain the corn.

2 Heat a pot with a lid, without oil, over high heat and fry the pumpkin seeds until they start to pop. Remove from the pan and set aside.

3 Heat olive oil in the same pot with a lid and cook the garlic and yellow pepper 2 minutes over medium heat. Add the cumin and ground coriander and cook for 30 seconds. Then add the corn, 200 ml of boiling water per person and crumble the bouillon cube over the pot. Cover the pot and cook gently for 15 minutes.

4 Meanwhile, cut the chives and crumbled the feta.

5 Grill the naan 2 - 3 minutes in a hot grill pan and turn once halfway thorough. You can also warm up the naan bread in a toaster.

6 Remove the pot from the heat and puree the soup with a stick blender. To thin the soup, add the remaining boiling water. Season with salt and pepper.

7 Cut the naan bread in half and fill with half of the feta. Divide the soup into the soup bowls and garnish with pumpkin seeds, chives and the remaining feta. Serve with naan bread and sprinkle the soup to taste with extra virgin olive oil.

Tip! Very tasty: grill or toast the naan bread, sprinkle it with a drizzle of extra virgin olive oil and top with some of the feta.

Do you have naan bread left over? Cut into thin strips, bake 6 - 8 minutes at 180 degrees in the oven and let cool. These become hard and thus delicious as breadsticks for with this, or any other, meal. Or as a savory snack with a drink or just as a snack for the next day.



JAMIES TAGLIATELLE WITH ZUCCHINI, TOMATOES & FRESH BASIL



with **Jamie Oliver**

Cooking is made easy
with HelloFresh

Zucchini is rich in potassium, folic acid and vitamin C. Potassium helps the muscles. Folic acid and vitamin C are good for our brains. The cherry tomatoes, crunchy pine nuts and a bunch of fresh basil, this dish is a summery delight. Check if its seasoned properly before serving, and everyone will enjoy without a doubt.



25 minutes



healthy



veggie



eat within
3 days

store in fridge



garlic cloves



red pepper



zucchini



cherry tomatoes



tagliatelle



pine nuts



fresh basil



spinach



Parmigiano Reggiano

Serves 1

- 1 garlic clove
- 1 fresh red pepper
- 100 g zucchini
- 50 g cherry tomatoes
- 90 g tagliatelle
- 5 g pine nuts
- 15 g fresh basil
- 50 g spinach
- 10 g Parmigiano Reggiano

Good to have at home: olive oil, seasalt and black pepper

Nutrients per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
496.0 kcal	15.6 g	3.5 g	19.9 g	73.6 g	8.2 g	0.4 g	4.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Put a large pot with salted water on high heat and bring to a boil.
2. Peel and cut the **garlic** into thin slices. Halve the **red pepper** and remove the seeds, then chop (use less pepper if you don't like spicy food!). Cut the **zucchini** into thin slices and halve. Cut the **cherry tomatoes** down the middle.

needed, add some of the saved water to make it smoother.



3. Boil the **tagliatelle** for 10 - 12 minutes until its al dente - done, but with bite.
4. Heat 1 tbsp. of **olive oil** in a large frying pan on low heat and fry the **garlic** and **red pepper** for 2 minutes, or until the **garlic** is golden brown.

9. Put most of the **Parmigiano Reggiano** and the largest **basil leaves** in the pasta. Garnish with the remaining **Parmigiano Reggiano** and the smaller **basil leaves**.

Jamie



5. Add the **zucchini** and **tomatoes** and fry for 5 minutes, or until they're soft.
6. Add the **pine nuts** and 3 tbsp. of boiling water from the pot, set to low heat and let the vegetables simmer until the **pasta** is done.



7. Pick the **basil leaves** and keep the smallest ones apart for garnishing.
8. Turn the heat off, drain the **pasta**, save some of the water and put back in the pot. Add the sauce, **spinach** and a pinch of **salt** and **pepper**. Keep stirring until the **spinach** has shrunk and the sauce sticks to the **pasta**. If



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Serves 2

- 2 garlic cloves
- 1 fresh red pepper
- 200 g zucchini
- 100 g cherry tomatoes
- 180 g tagliatelle
- 10 g pine nuts
- 15 g fresh basil
- 100 g spinach
- 20 g Parmigiano Reggiano

Good to have at home: olive oil, seasalt and black pepper

Nutrients per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
494.0 kcal	15.7 g	3.5 g	19.6 g	72.9 g	7.9 g	0.4 g	4.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Put a large pot with salted water on high heat and bring to a boil.
2. Peel and cut the **garlic** into thin slices. Halve the **red pepper** and remove the seeds, then chop (use less pepper if you don't like spicy food!). Cut the **zucchini** into thin slices and halve. Cut the **cherry tomatoes** down the middle.

needed, add some of the saved water to make it smoother.

9. Put most of the **Parmigiano Reggiano** and the largest **basil leaves** in the pasta. Garnish with the remaining **Parmigiano Reggiano** and the smaller **basil leaves**.

Jamie O



3. Boil the **tagliatelle** for 10 - 12 minutes until its al dente - done, but with bite.
4. Heat 1 ½ tbsp. of **olive oil** in a large frying pan on low heat and fry the **garlic** and **red pepper** for 2 minutes, or until the **garlic** is golden brown.



5. Add the **zucchini** and **tomatoes** and fry for 5 minutes, or until they're soft.
6. Add the **pine nuts** and 3 tbsp. of boiling water from the pot, set to low heat and let the vegetables simmer until the **pasta** is done.



7. Pick the **basil leaves** and keep the smallest ones apart for garnishing.
8. Turn the heat off, drain the **pasta**, save some of the water and put back in the pot. Add the sauce, **spinach** and a pinch of **salt** and **pepper**. Keep stirring until the **spinach** has shrunk and the sauce sticks to the **pasta**. If



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Serves 3

- 3 garlic cloves
- 1 fresh red pepper
- 300 g zucchini
- 150 g cherry tomatoes
- 270 g tagliatelle
- 15 g pine nuts
- 15 g fresh basil
- 150 g spinach
- 30 g Parmigiano Reggiano

Good to have at home: olive oil, seasalt and black pepper

Nutrients per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
472.0 kcal	13.5 g	3.2 g	19.5 g	72.7 g	7.8 g	0.4 g	4.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Put a large pot with salted water on high heat and bring to a boil.
2. Peel and cut the **garlic** into thin slices. Halve the **red pepper** and remove the seeds, then chop (use less pepper if you don't like spicy food!). Cut the **zucchini** into thin slices and halve. Cut the **cherry tomatoes** down the middle.

needed, add some of the saved water to make it smoother.

9. Put most of the **Parmigiano Reggiano** and the largest **basil leaves** in the pasta. Garnish with the remaining **Parmigiano Reggiano** and the smaller **basil leaves**.

Jamie



3. Boil the **tagliatelle** for 10 - 12 minutes until it's al dente - done, but with bite.
4. Heat 2 tbsp. of **olive oil** in a large frying pan on low heat and fry the **garlic** and **red pepper** for 2 minutes, or until the **garlic** is golden brown.



5. Add the **zucchini** and **tomatoes** and fry for 5 minutes, or until they're soft.
6. Add the **pine nuts** and 3 tbsp. of boiling water from the pot, set to low heat and let the vegetables simmer until the **pasta** is done.

7. Pick the **basil leaves** and keep the smallest ones apart for garnishing.



8. Turn the heat off, drain the **pasta**, save some of the water and put back in the pot. Add the sauce, **spinach** and a pinch of **salt** and **pepper**. Keep stirring until the **spinach** has shrunk and the sauce sticks to the **pasta**. If



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Serves 4

- 4 garlic cloves
- 2 verse rode pepers
- 400 g zucchini
- 200 g cherry tomatoes
- 360 g tagliatelle
- 20 g pine nuts
- 30 g fresh basil
- 200 g spinach
- 40 g Parmigiano Reggiano

Good to have at home: olive oil, seasalt and black pepper

Nutrients per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
464.0 kcal	12.4 g	3.0 g	19.6 g	72.9 g	7.9 g	0.4 g	4.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

HelloFresh is a proud sponsor of the Jamie Oliver Food Foundation, registered UK charity nr. 1094536



1. Put a large pot with salted water on high heat and bring to a boil.
2. Peel and cut the **garlic** into thin slices. Halve the **red pepper** and remove the seeds, then chop (use less pepper if you don't like spicy food!). Cut the **zucchini** into thin slices and halve. Cut the **cherry tomatoes** down the middle.

needed, add some of the saved water to make it smoother.



3. Boil the **tagliatelle** for 10 - 12 minutes until its al dente - done, but with bite.

4. Heat 2½ tbsp. of **olive oil** in a large frying pan on low heat and fry the **garlic** and **red pepper** for 2 minutes, or until the **garlic** is golden brown.

5. Add the **zucchini** and **tomatoes** and fry for 5 minutes, or until they're soft.



6. Add the **pine nuts** and 3 tbsp. of boiling water from the pot, set to low heat and let the vegetables simmer until the **pasta** is done.

7. Pick the **basil leaves** and keep the smallest ones apart for garnishing.

8. Turn the heat off, drain the **pasta**, save some of the water and put back in the pot. Add the sauce, **spinach** and a pinch of **salt** and **pepper**. Keep stirring until the **spinach** has shrunk and the sauce sticks to the **pasta**. If

9. Put most of the **Parmigiano Reggiano** and the largest **basil leaves** in the pasta. Garnish with the remaining **Parmigiano Reggiano** and the smaller **basil leaves**.

Jamie O



Enjoy! Don't forget to take a picture and share #hellojamie



For more inspiration go to
www.hellofresh.nl / www.hellofresh.be

Serves 5

- 5 garlic cloves
- 2 verse rode pepers
- 500 g zucchini
- 250 g cherry tomatoes
- 450 g tagliatelle
- 25 g pine nuts
- 30 g fresh basil
- 250 g spinach
- 50 g Parmigiano Reggiano

Good to have at home: olive oil, seasalt and black pepper

Nutrients per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRE
457.0 kcal	11.8 g	2.9 g	19.6 g	72.8 g	7.8 g	0.4 g	4.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Put a large pot with salted water on high heat and bring to a boil.
2. Peel and cut the **garlic** into thin slices. Halve the **red pepper** and remove the seeds, then chop (use less pepper if you don't like spicy food!). Cut the **zucchini** into thin slices and halve. Cut the **cherry tomatoes** down the middle.

needed, add some of the saved water to make it smoother.

9. Put most of the **Parmigiano Reggiano** and the largest **basil leaves** in the pasta. Garnish with the remaining **Parmigiano Reggiano** and the smaller **basil leaves**.

Jamie



3. Boil the **tagliatelle** for 10 - 12 minutes until its al dente - done, but with bite.
4. Heat 3 tbsp. of **olive oil** in a large frying pan on low heat and fry the **garlic** and **red pepper** for 2 minutes, or until the **garlic** is golden brown.



5. Add the **zucchini** and **tomatoes** and fry for 5 minutes, or until they're soft.
6. Add the **pine nuts** and 3 tbsp. of boiling water from the pot, set to low heat and let the vegetables simmer until the **pasta** is done.



7. Pick the **basil leaves** and keep the smallest ones apart for garnishing.
8. Turn the heat off, drain the **pasta**, save some of the water and put back in the pot. Add the sauce, **spinach** and a pinch of **salt** and **pepper**. Keep stirring until the **spinach** has shrunk and the sauce sticks to the **pasta**. If



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WINBOX

Masan blanc

Masan Blanc is a nice light and aromatic wine and offers a fresh balance to this rich lentil salad.



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Take a picture of your dish and share it via [f](#) [t](#) [i](#) [v](#) The best photo will win a surprise!

Lentil Salad with spinach, beets, pecans and Danablu

With fresh parsley

This lentil salad is flavored with Danablu. Danablu is a Danish blue cheese that is aged 12 weeks. This rich cheese is very tasty combined with the sweet beets, spinach, red onion and black balsamic vinegar. A real taste explosion!

store in refrigerator



20-25 min



super easy



eat at the beginning



vegetarian



lactose free



Spinach



Fresh parsley



Danablu



Red onion



Beetroot



Lentils



Pecans

Ingredients

	1P	2P	3P	4P	5P	6P
Green lentils (g)	40	80	125	160	200	240
Red onion	½	1	1½	2	2½	3
Beetroot (g)	150	300	450	600	750	900
Pecans (g) 8) 19) 22)	15	30	40	50	60	70
Spinach (g) 23)	50	100	150	200	250	300
Fresh parsley (stems) 23)	3	6	9	12	15	18
Danablu (g) 7)	40	75	100	125	150	175
Olive oil (tbsp.)*	½	1	1	2	2	3
Black balsamic vinegar (tbsp.)*	1	2	2	3	3	4
Extra virgin olive oil (tbsp.)*	1	2	2	3	3	4
Honey (tsp.)*	1	2	2	3	3	4
Pepper and salt*	To Taste					

* Add yourself

Allergens

7) Milk/lactose **8)** Nuts
May contain traces of

19) peanuts, **22)** (other) nuts and celery.

Utensils

Pot with lid, frying pan, salad bowl

Nutrition Facts 595 kcal | 24 g protein | 39 g carbs | 39 g fat, of which 11 g saturated | 20 g fibres



1 Mix green lentils with 200 ml of water per person and a pinch of salt in a pot with a lid. Bring the boil, covered, and simmer 20 - 25 minutes. Then drain and leave without a lid to steam.



2 Cut the red onion into rings. Cut the beets into thin slices. Heat a frying pan, without oil, over high heat and fry the pecans for 2 minutes. Remove from the pan and set aside.

3 Heat the olive oil in the same frying pan and fry the red onion and beetroot 3 - 4 minutes over medium heat. Deglaze with half of the black balsamic vinegar and stir fry for 1 minute so that the acid in the vinegar can evaporate.

4 Make a dressing in the salad bowl using virgin olive oil, the remaining black balsamic vinegar, honey and salt and pepper.



5 Tear the spinach small and chop the parsley. Mix the spinach with red onion, beetroot and half of the parsley and add to the salad bowl. Finally, add the lentils and half of the Danablu to the salad.

6 Divide the salad into the plates and garnish with pecans, remaining parsley and remaining Danablu.



Tip! Did you know that this dish contains almost half of the recommended daily intake of folic acid? This vitamin is important for a good energy level. In addition, this dish is rich in dietary fiber and contains almost as much calcium as a cup of milk.

Beetroot gives off color. Rub your hands with olive oil before you cut the beetroot. This will prevent the color from staining your hands.



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WEEK 43
2016



WINEBOX

Sedosa blanco

Due to the outspoken flavors in this dish we have chosen for this full and soft Spanish white Jack of all trades.



Take a picture of your dish and share it via [f](#) [t](#) [v](#) The best photo will win a surprise!

Basmati rice with spinach, mango chutney, egg and peanuts

A fragrant Asian dessert

Chutney is originally from India. In India they love spicy spices and flavors. A chutney is a mixture of concentrated fruit, onions, vinegar, sugar, herbs and spices. Would you like to make your own chutney? Check out our blog for a home-made recipe!

store in refrigerator



25-30 min



easy



eat within
5 days



vegetarian



spicy



Mango chutney



Free-range egg



Spinach



Basmati rice



Onion



Garlic clove



Red chilli



Soy sauce



Peanuts

Ingredients

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	85	170	250	335	420	500
Onion	½	1	1½	2	2½	3
Garlic clove	½	1	1½	2	2½	3
Red chilli	¼	½	¾	¾	1	1
Soy sauce (ml) 1) 6) 25)	10	20	30	40	50	60
Mango chutney (g) 10) 19) 22)	40	80	120	160	200	240
Spinach (g) 23)	200	400	600	800	1000	1200
Free-range egg 3)	1	2	3	4	5	6
Peanuts (g) 6) 22)	20	40	60	80	100	120
Sunflower oil (tbsp.)*	1	2	2	3	3	3
Real butter (tbsp.)*	½	½	1	1	1½	1½
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **3)** Eggs
6) Soy **10)** Mustard
May contain traces of
19) peanuts, **22)** nuts, **23)**
celery and **25)** sesame.

Utensils

Pot with lid, bowl, stir-fry
or sauté pan with lid,
frying pan

Nutrition Facts 753 kcal | 27 g protein | 94 g carbs | 28 g fat, of which 6 g saturated | 8 g fibres



1 Bring 250ml water to the boil in a pot with lid for the basmati rice. Cook the rice, covered, for 10 - 12 minutes in the pot with a lid. Then drain and leave without a lid to steam.

2 Meanwhile, finely chop the onion and cut or press the garlic. Remove the seeds from the red chilli and chop finely. Make a sauce using the soy sauce, the half of the sunflower oil and the half of the mango chutney.

3 Heat the remaining sunflower oil in a stir-fry or sauté pan with a lid and fry the onion, garlic and red chilli 2 minutes on low heat. Add the spinach, turn the heat to medium and stir-fry for 3 minutes until most of the liquid has evaporated.

4 Add the rice and stir-fry 3 minutes. Finally, add the sauce and stir for 2 more minutes.

5 Meanwhile, heat the butter in a frying pan and fry one egg per person.

6 Verdeel het gerecht over de borden. Serveer met het spiegelei, the remaining mango chutney and garnish with the peanuts.

Tip! This dish is rich in calories. Are you watching your calorie intake? Then boil 60 - 70 g basmati rice per person and use less peanuts.

The mango chutney is pretty sweet. Do you not have a sweet tooth? Then add less chutney to your dish.





Croissant with mature cheese, boiled egg and cress



Ingredients for 1 breakfast	2P	4P
Free-range egg 3)	2	4
Multigrain croissant 1) 3) 6) 7) 11) 19) 22) 23) 24) 26) 27)	2	4
Mature cheese (slice) 7)	2	4
Cress (tbsp.)	1	2
Real butter (tbsp.)*	1	2

* Add yourself

Utensils

Saucepan with lid



Allergens [1](#)) Gluten [3](#)) Eggs [6](#)) Soy [7](#)) Milk/lactose [11](#)) Sesame. May contain traces of [19](#)) peanuts, [22](#)) nuts, [23](#)) celery, [24](#)) mustard, [26](#)) sulphite and [27](#)) lupine.

Nutrition Facts 439 kcal | 19 g protein | 24 g carbs | 29 g fat | of which 13 g saturated | 2 g fibres

1 Preheat the oven to 210 degrees.

2 Make sure the eggs just under water in a saucepan with a lid. Bring to the boil, covered, and boil the eggs for 6 minutes until hard. Then run under cold water.

3 Bake the croissants for 8 minutes in the oven. Peel the eggs and cut into slices.

4 Cut the croissant open and smear with with butter. Top with the mature cheese and egg and garnish with the cress.



Tip! Are you watching your salt intake? Then do not add salt to this breakfast because the cheese is already quite salty.